

# Introduction to TRX (Total body Resistance Exercise)

## Set up

Main Carabiner should be about 6 ft. off the ground.

\*Don't hook the carabiners together.

## 6 Procedures

### Adjusting the Length of the TRX

#### Single Handle Mode

Heels in

Toes in

Even Pressure

**Offset Foot Position** – feet staggered instead of together

## 3 Principles of progression

**Vector Resistance Principle** –angle of your body

**Stability Principle** – the base you are using. Standing – how close your feet are together. Prone – elbows to hands.

**Pendulum Principle** – angle of straps from neutral position

## Preventing the 6 TRX Sins

**Starting incorrectly** – start correctly

**Sawing** – not pulling with equal force on both handles. Pull with equal force on both straps

**Slacking** – keep the straps tight

**Sagging** – engage your core to keep good posture

**Scraping** – straps should not be rubbing against your arms

**Stopping** - if you are too challenge simply reduce the difficulty and keep going

## 6 Body Positions

### STANDING

**Standing Facing**

**Standing Facing Away**

**Standing Sideways**

### GROUND

**Ground Facing**

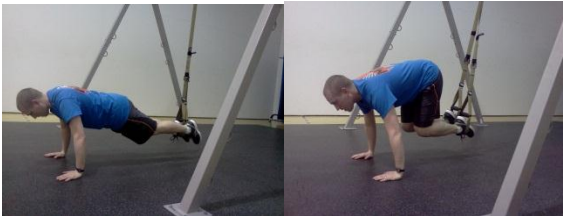
**Ground Facing Away**

**Ground Sideways**

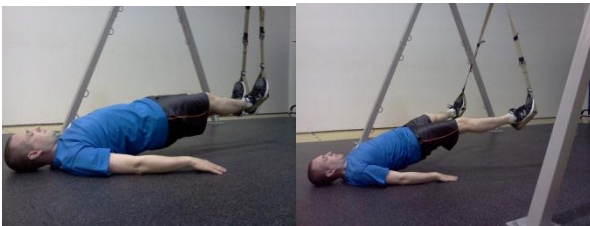
Planks for core- straps mid calf



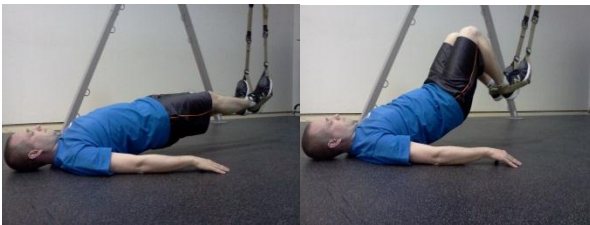
Abdominal Crunches for core- straps mid calf



Hip abduction for hips- straps mid calf



Hamstring Curls for Hamstrings- straps mid calf



Squats for Quads and Glutes- straps mid length



Tricep Extension for Triceps- straps mid length



Row's for upper back- straps mid length



Push ups for chest and shoulders- straps mid length

